

MEET OUR CLINICAL NUTRITIONAL COUNSELOR

Stephanie Beall



Stephanie holds a Bachelor of Science degree in Nutrition and Food Sciences from San Diego State University, where she received a Certified Nutritional Counselor designation

and a State of California Nutritional Fitness Specialist certification. She has also been awarded a Clinical Nutritional Counselor certification by the School of Healing Arts in San Diego, and is a Certified Weight Management Consultant for Lifestyle Technologies, Inc.

She brings over seven years of experience in the field of Nutrition and Fitness Counseling to the YMCA of the Foothills, having worked for the majority of that time in the San Diego and La Jolla areas.

Stephanie says: "I really enjoy being involved in transforming people's lives through nutritional counseling and education. Food is the fuel of life and what we choose to eat can help prevent disease, delay signs of aging, energize us and increase longevity. I believe in education with real life situations to develop a realistic approach to lifestyle change and not just a "diet". I'm passionate about motivating clients to attain results and reach goals."

"To eat is a necessity but to eat intelligently is an art."

- La Rochefoucauld

FOOD PYRAMID



GRAINS	VEGETABLES
Make half your grains whole	Vary your veggies
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more orange vegetables like carrots and sweetpotatoes
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils
Eat 6 oz. every day	Eat 2 1/2 cups every day

FRUITS	MILK	MEAT & BEANS
Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat a variety of fruit	Go low-fat or fat-free when you choose milk, yogurt, and other milk products	Choose low-fat or lean meats and poultry
Choose fresh, frozen, canned, or dried fruit	If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Bake it, broil it, or grill it
Go easy on fruit juices		Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day

Nutritional recommendations and menu plans are based on guidelines set by the United States Department of Agriculture.

For more information please e-mail nutrition@ymcafoothills.org

Nutrition Counseling

January - June 2010

Dietary Analysis



Meal Plans



Grocery Lists



Body Composition

Crescenta-Cañada Family YMCA
1930 Foothill Blvd., La Cañada, 91011
(818) 790-0123

www.ymcafoothills.org

Contact Information
Nutrition Program Line
(818) 790-0123 ext. 283
nutrition@ymcafoothills.org



INITIAL/ONE TIME CONSULTATION

Meet with a registered clinical nutritional counselor to establish a dietary plan that will help you achieve your optimal health goals. The initial/one time consultation meeting lasts for one hour and includes:

- A complete Dietary Analysis
- Body Composition Analysis & Measurements
- Daily Metabolism Requirements (RMR)
- Meal Plans (menus)
- Grocery List
- Recommended Supplementation
- User Reports

Ala Carte Fee \$ 75

FOLLOW UP CONSULTATION

Meet with a clinical nutritional counselor to discuss and review your progress after the initial consultation. Follow up consultations last approximately twenty minutes and include:

- Review of Initial Plan
- Take new Body Measurements
- Discuss new RMR
- Adjust Meal Plans & Grocery Lists
- User Reports

Ala Carte Fee \$ 35



NUTRITION/PERSONAL TRAINING

After an initial consultation, these sessions are available for those who require personal training in conjunction with their nutritional counseling. Personal training sessions will be with your nutritional counselor.

Ala Carte Fee \$ 59



PACKAGE SERVICES

Gold Nutrition Counseling \$180

One Initial Consultation
4 Follow Up Consultations

Platinum Nutrition Counseling \$230

One Initial Consultation
6 Follow Up Consultations

5 Follow Up Counseling \$145

Follow Up Nutrition Consultations

5 Nutrition/Personal Training Sessions \$270

Follow Up Nutrition Session
Coupled with Personal Training

10 Nutrition/Personal Training Sessions \$490

Follow Up Nutrition Session
Coupled with Personal Training

Nutrition Counseling is **ONLY** available to Facility Members

Get Started!

To make an appointment for any of the above programs contact the Nutrition Program Line
(818) 790-0123 ext. 283
nutrition@ymcafoothills.org.